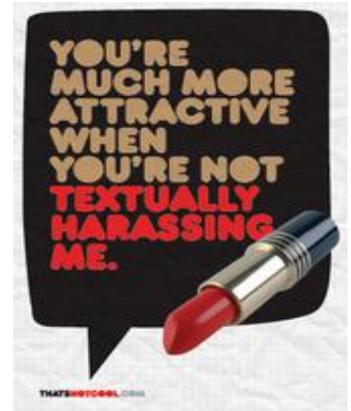


Digital Abuse is Real Abuse!

Digital abuse is a growing form of teen dating violence. It is as serious a behavior as physically or emotionally harming your significant other because it is a form of aggression and violence. Forms of digital abuse include:

- Writing something online that isn't true
- Spreading false rumors
- Sharing information that a person didn't want shared
- Threatening physical harm
- Spying
- Pressuring to send naked photos
- Posting embarrassing photos or video
- Encouraging people to hurt themselves
- Writing something mean or to tease
- Impersonation



Signs that you may be being abused digitally:

- **Constant Messaging:** Your significant other is messaging you so frequently that you feel buried or messages you after you have asked them to stop (like after you've gone to bed for the night).
- **Spying:** Your significant other sneaks peeks at your private text message or call history, breaks into your inbox, or stalks you on Facebook.
- **Digital Disrespect:** Spreading negative or embarrassing rumors (true, untrue, or unknown) about someone behind their back or to their face.
- **Violation of Trust:** Your significant other forwards private texts, emails, or IM's to someone else without your permission.
- **Cruel Expectations:** Your significant other demands that you give up your digital password or "unfriend" your 'ex' or certain friends when you do not feel comfortable.
- **Cyber harassment:** Your significant other uses multiple digital platforms to intentionally make your life miserable. Examples: blackmail; hate-mongering (spreading racist comments or direct threats).

Not sure if it is teen dating violence? Ask yourself if your boy/girlfriend also:

- is overly jealous or possessive?
- puts you down or criticizes you?
- threatens or scares you?
- hits, slaps, pushes, or kicks you?
- controls where you go, what you wear, or what you do?
- tries to stop you from seeing or talking to friends and family?
- tries to force you to have sex?

*Answer "yes" to any of these questions and you could be the victim of digital abuse
– a form of teen dating violence.*